Snp 5.14 — The Questions of Udaya

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Text

Anthology of Discourses 5.14

The Questions of Udaya

“To the meditator, rid of hopes,”

said Venerable Udaya,

“who has completed the task, is free of defilements,

and has gone beyond all things,

I have come seeking with a question.

Tell me the liberation by enlightenment,

the smashing of ignorance.”

“The giving up of both”

replied the Buddha,

“sensual desires and displeasures;

the casting aside of dullness,

and the prevention of remorse;

pure equanimity and mindfulness,

preceded by investigation of principles—

this, I declare, is liberation by enlightenment,

the smashing of ignorance.”

“What fetters the world?

How does it travel about?

With the giving up of what

is extinguishment spoken of?”

“Delight fetters the world.

It travels about by means of thought.
With the giving up of craving
extinguishment is spoken of.”
“For one living mindfully,
how does consciousness cease?
We’ve come to ask the worthy sir:
let us hear what you say.”
“Not taking pleasure in feeling
internally and externally—
for one living mindfully,
that’s how consciousness ceases.”